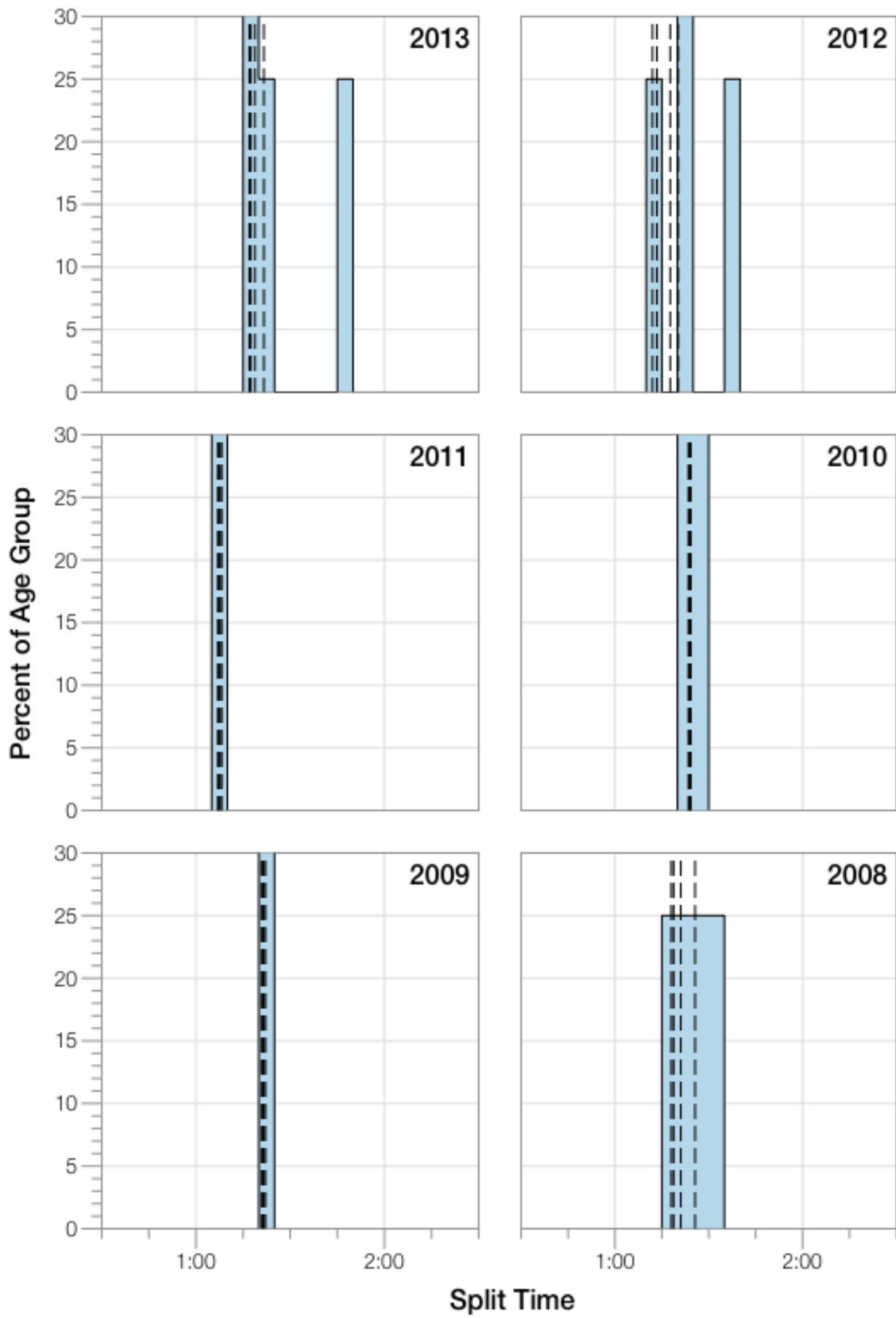


# Ironman Lanzarote F55-59 Stats

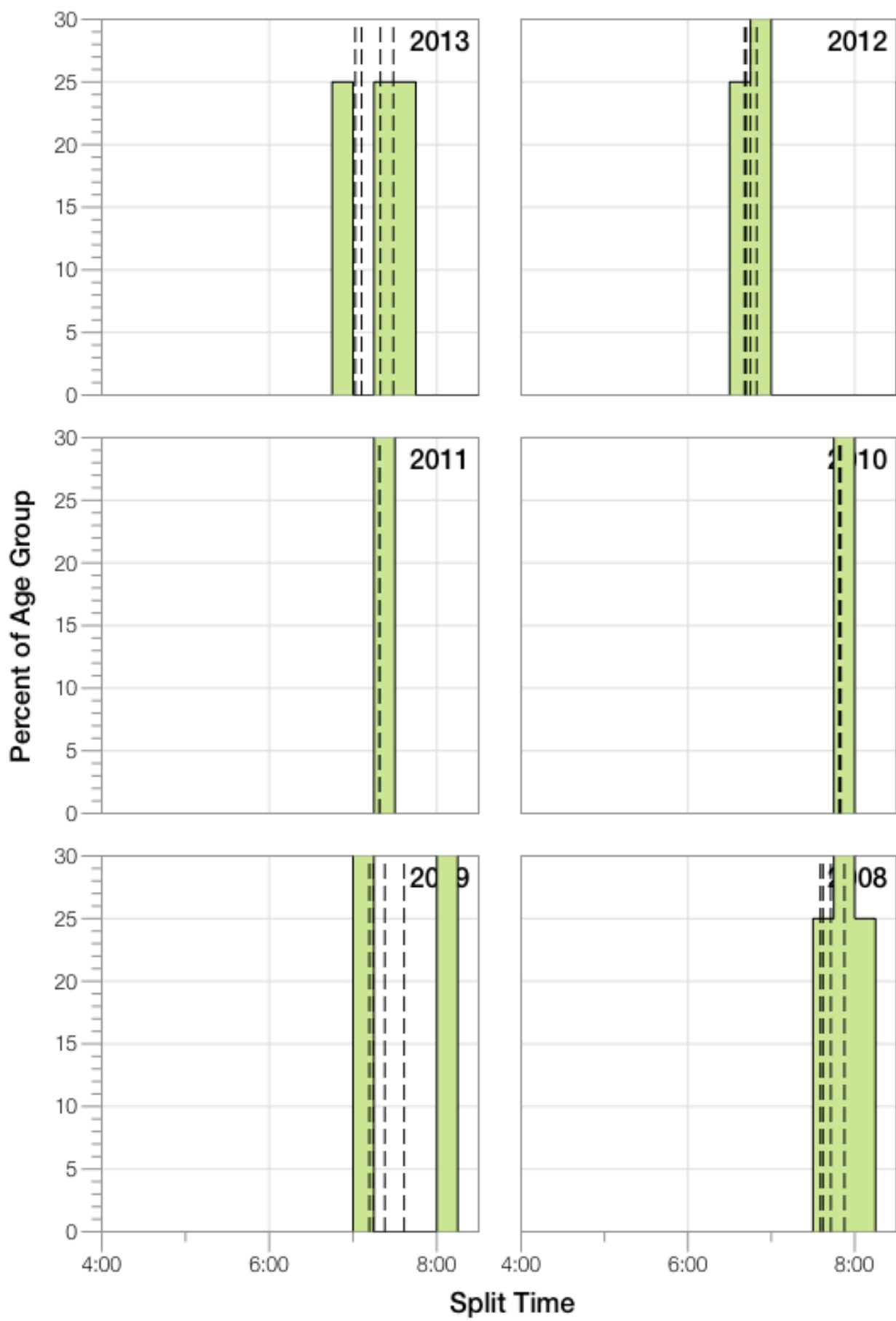
## F55-59 Summary Statistics

Year	Finishers	F55-59 Finishers	Male Winner's Time	Female Winner's Time	F55-59 Winner's Time
2008	1117	4	8:59:37	10:02:27	14:18:39
2009	1149	2	8:54:03	9:54:57	13:27:12
2010	1287	2	8:37:42	10:03:52	14:46:12
2011	1200	2	8:30:34	9:43:39	13:05:56
2012	1447	4	8:44:39	9:58:06	11:41:01
2013	1646	4	8:42:40	9:37:34	12:56:22
<b>Average</b>	<b>1308</b>	<b>3</b>	<b>8:44:52</b>	<b>9:53:25</b>	<b>13:22:33</b>

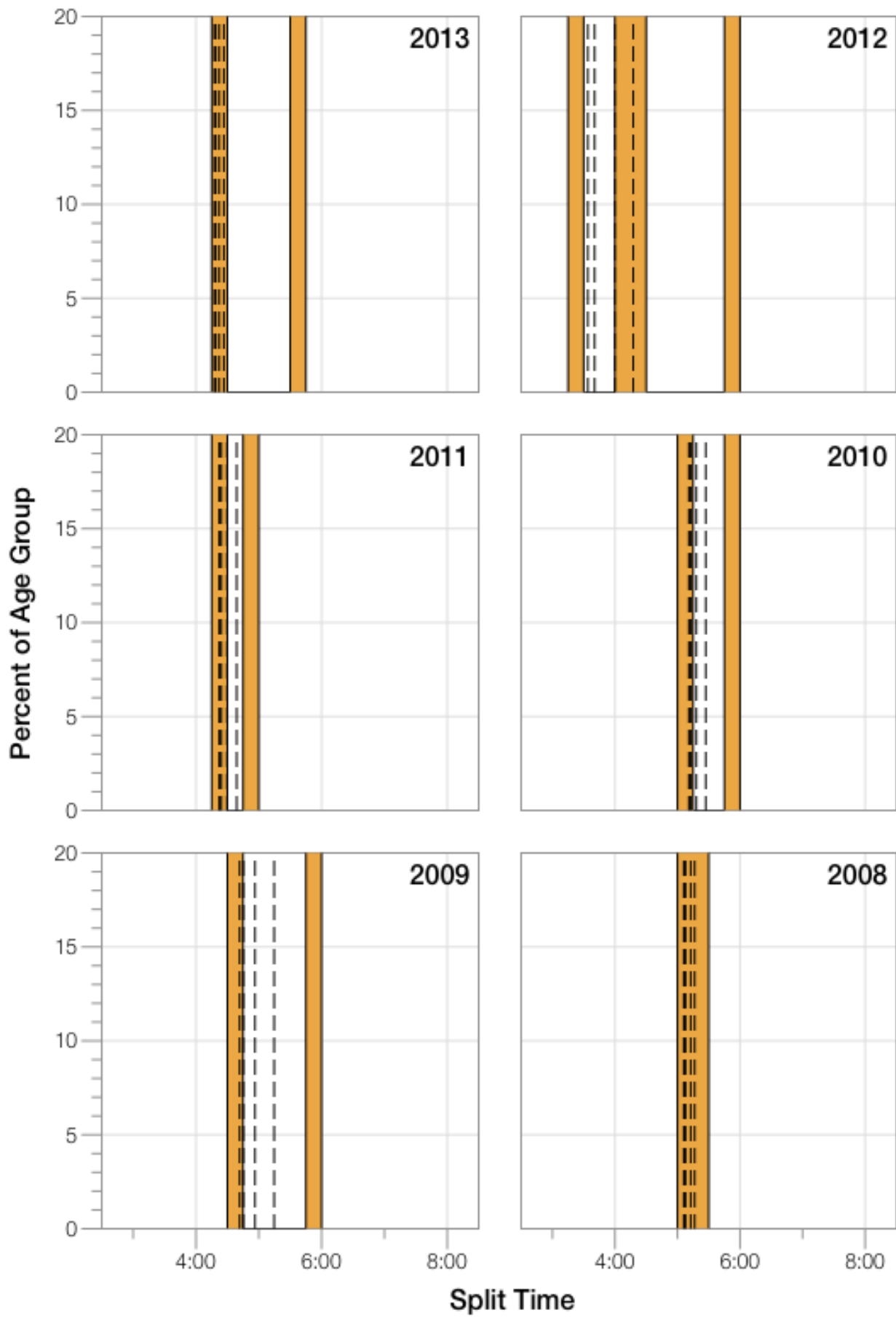
# F55-59 Swim



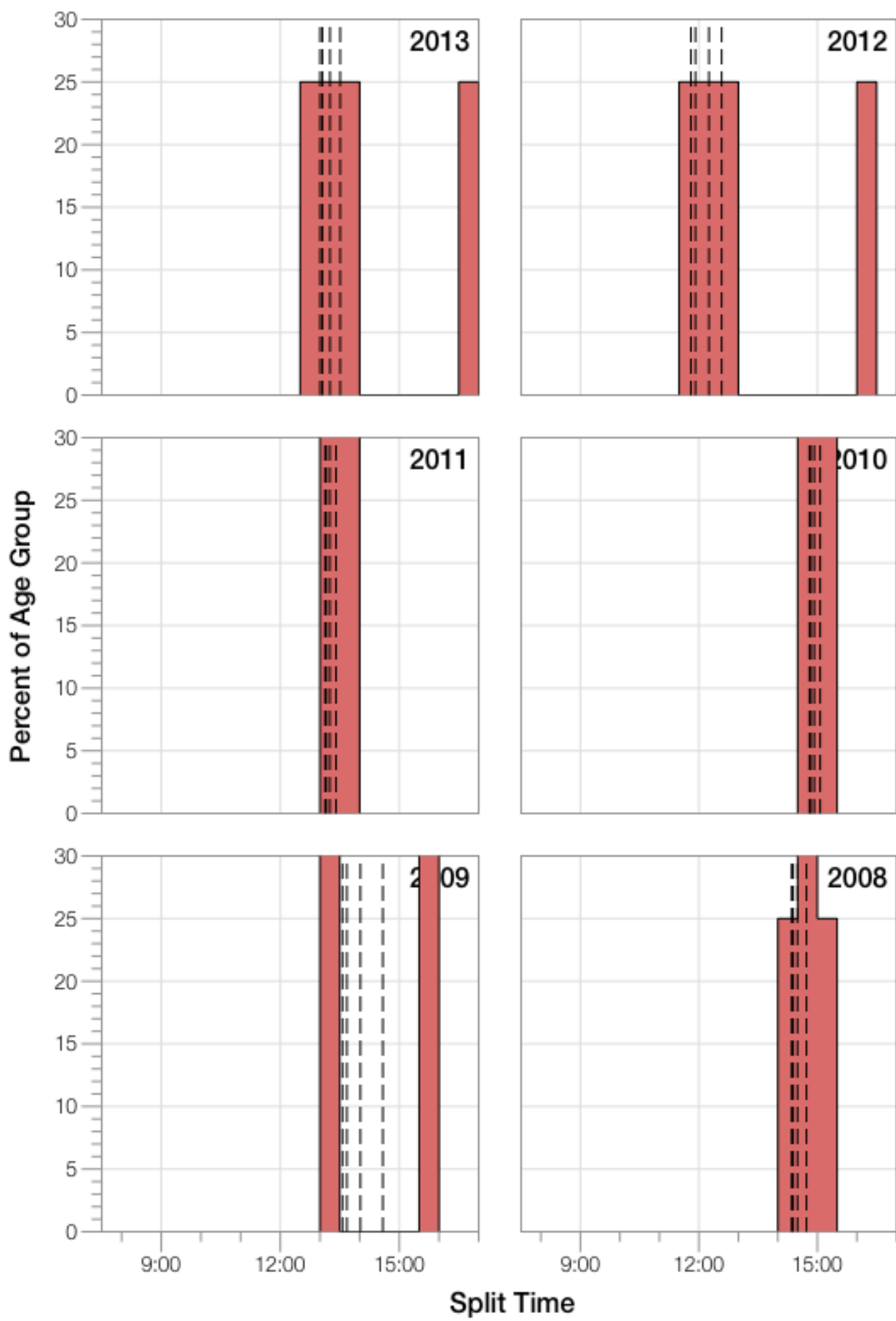
# F55-59 Bike



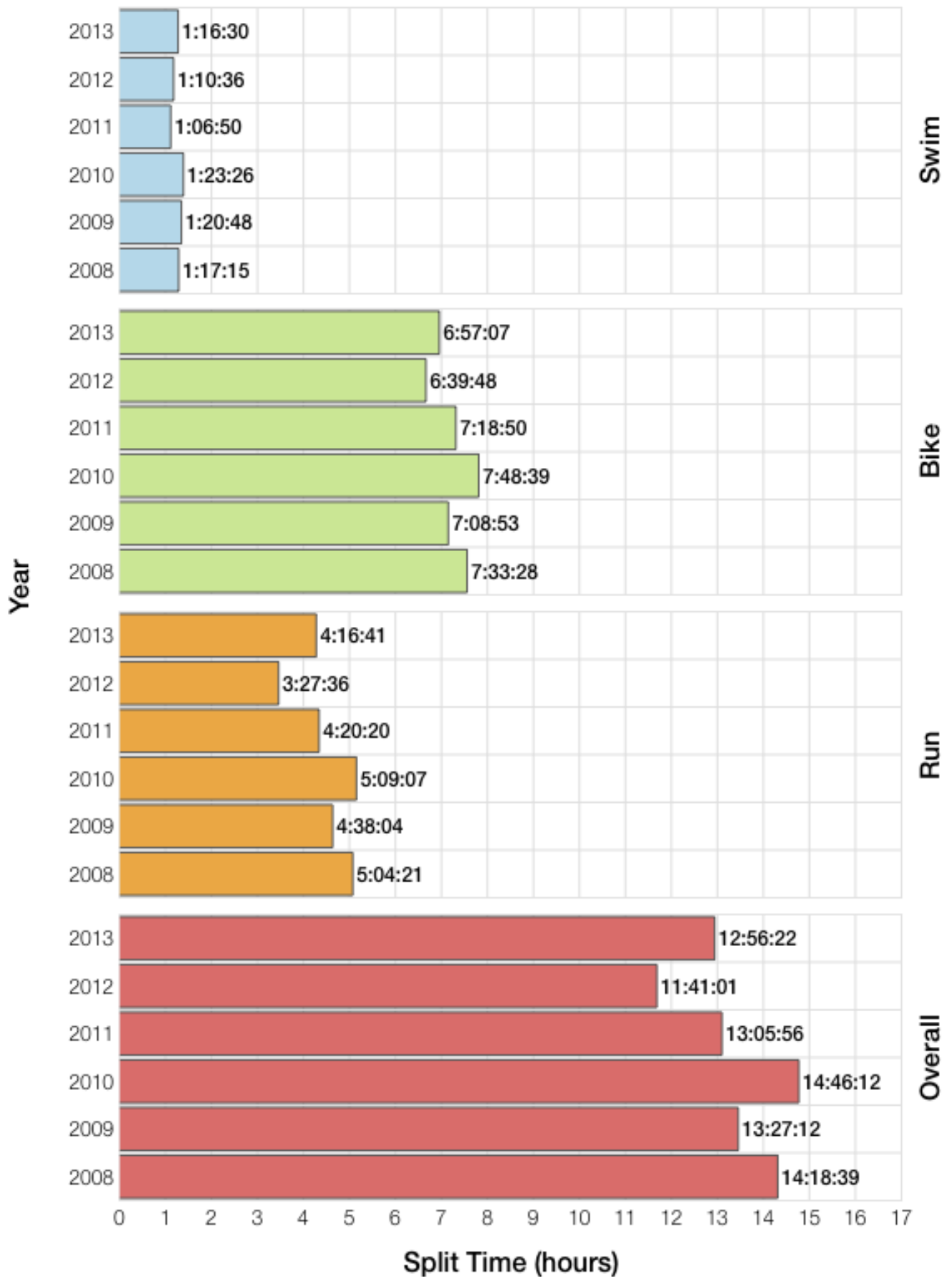
# F55-59 Run



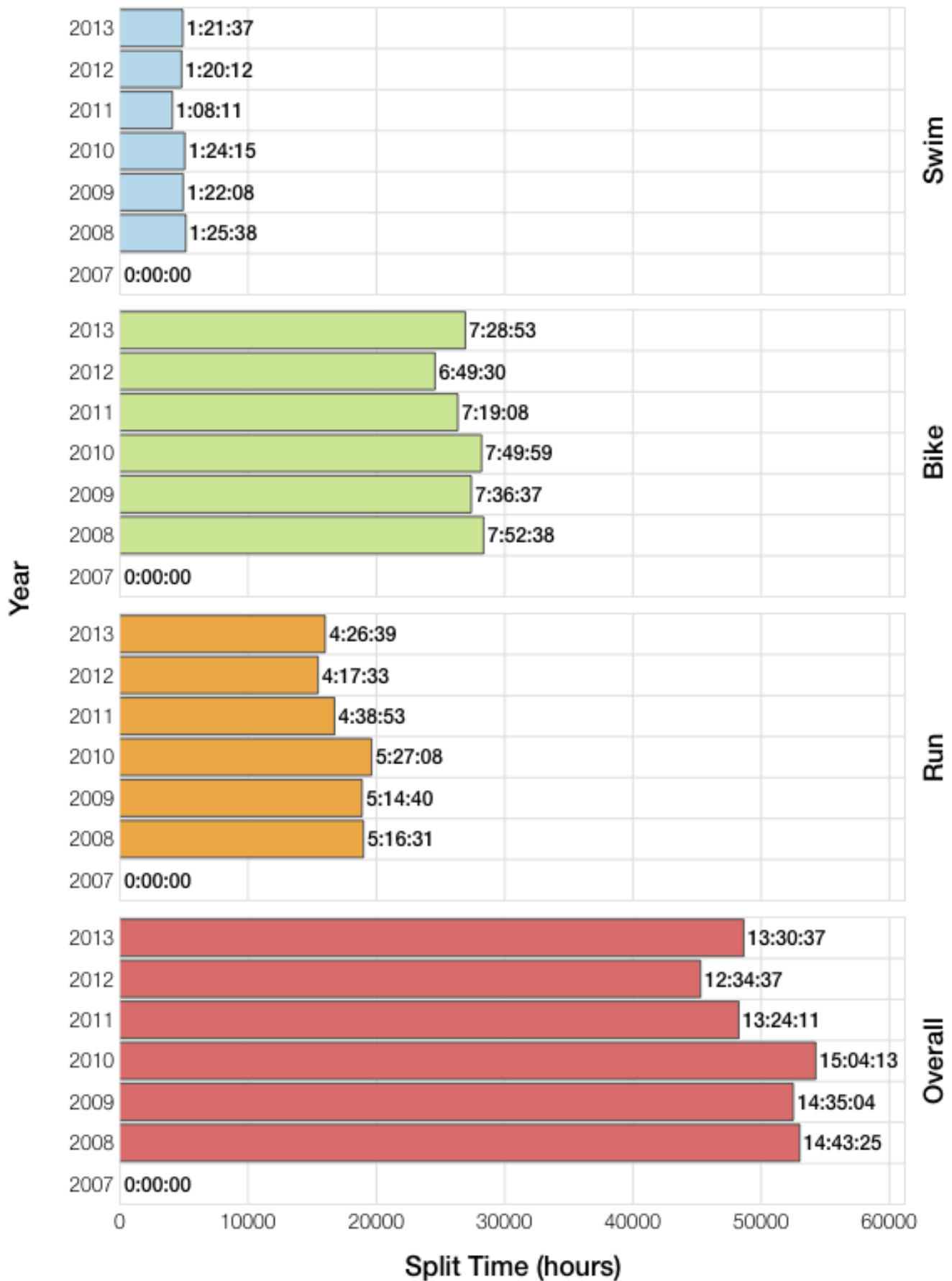
# F55-59 Overall



## F55-59 Fastest Splits

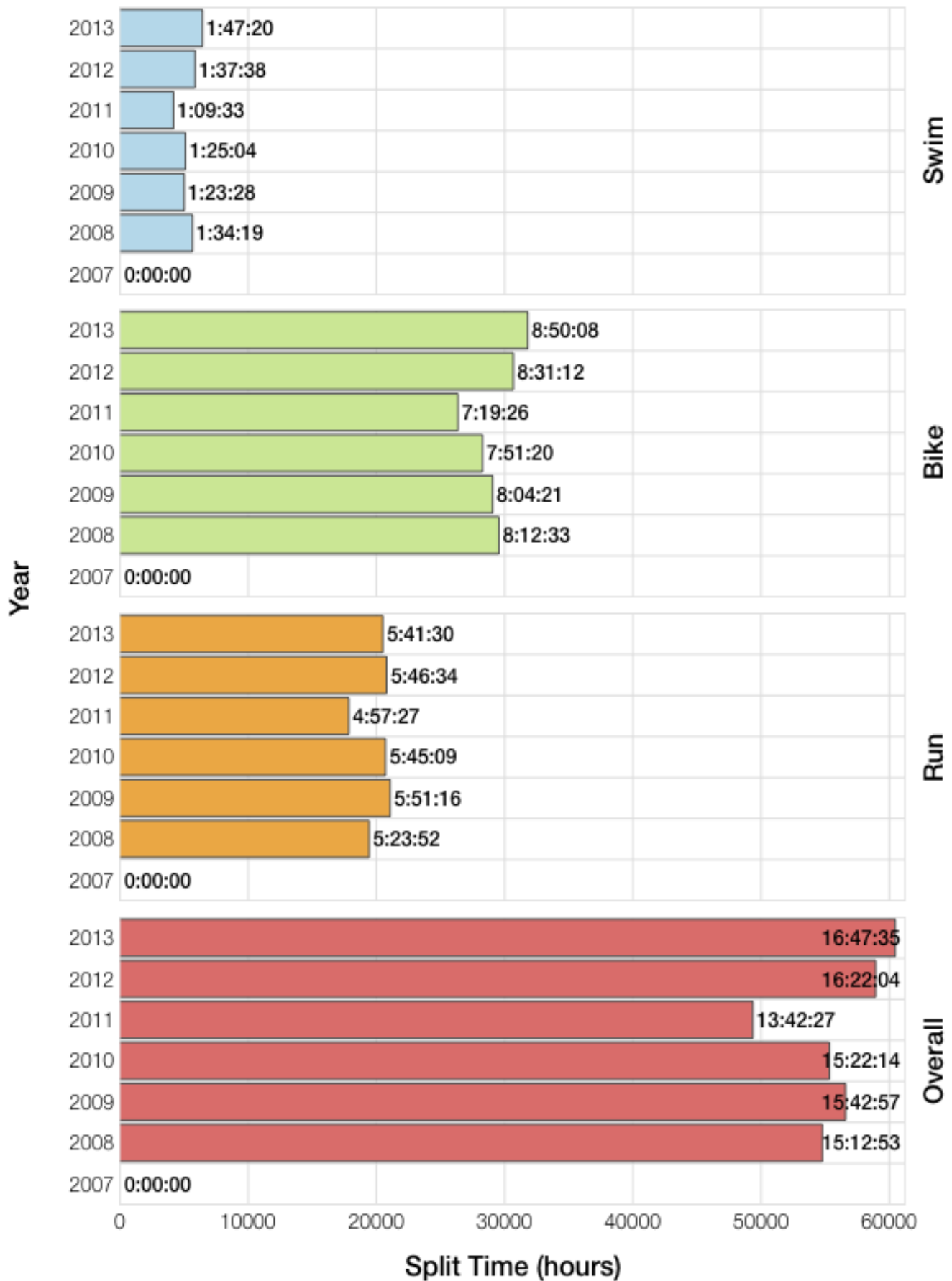


## F55-59 Median Splits

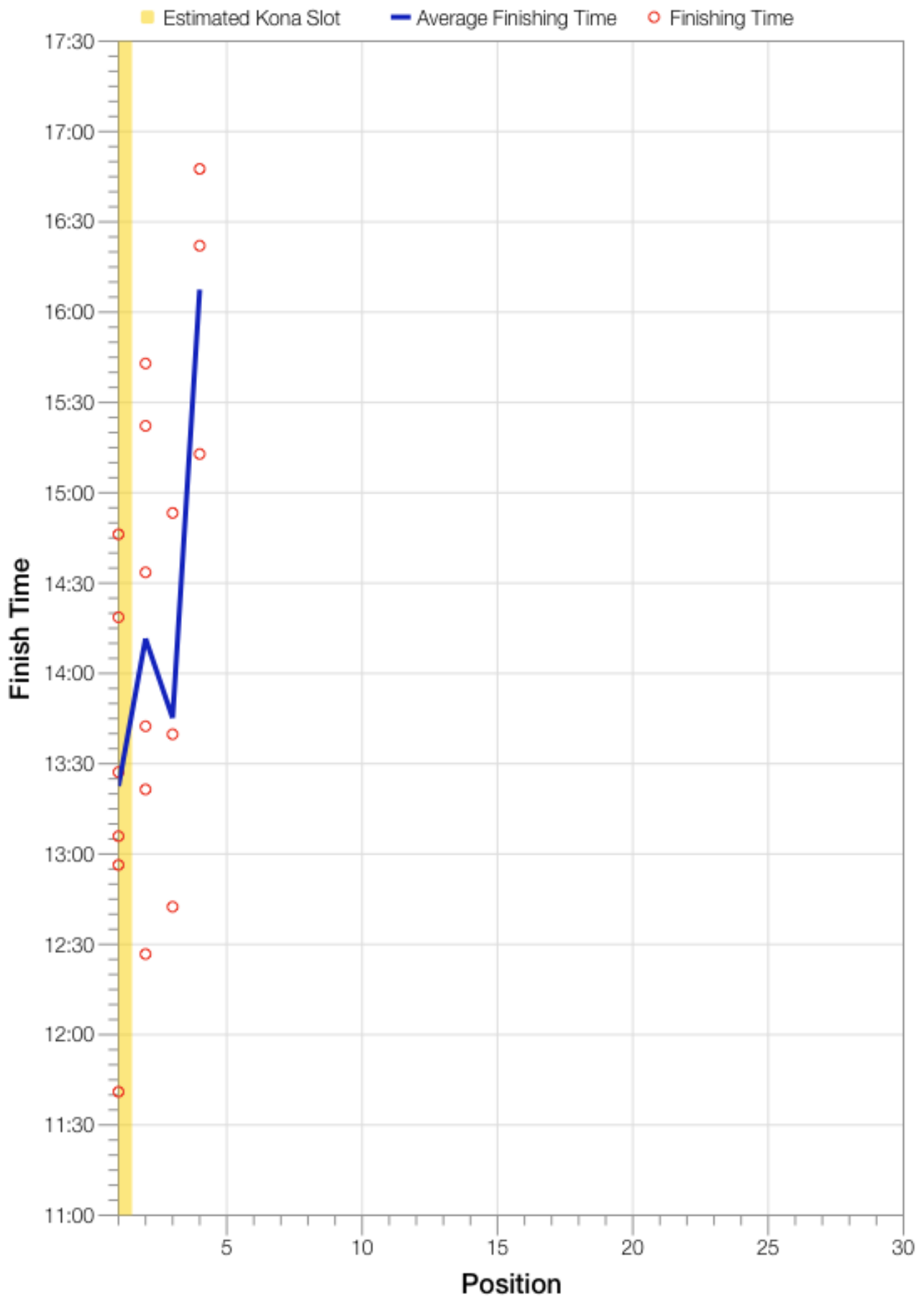




## F55-59 Slowest Splits



# F55-59 Top 30 Finishing Splits



# F55-59 Top 10 and Kona Times and Splits

## Summary Statistics

Position	Swim Time	Bike Time	Run Time	Overall Time
Average Male Winner	0:49:31	4:55:46	3:53:13	8:44:52
Average Female Winner	0:55:39	5:41:50	4:16:50	9:53:25
Average 1st Age Grouper	1:17:59	7:16:58	3:39:52	13:22:33
Average 2nd Age Grouper	1:20:49	7:31:28	4:10:12	14:11:34
Average 3rd Age Grouper	1:20:19	7:24:23	2:57:53	13:45:10
Average 4th Age Grouper	1:37:58	8:31:17	3:49:21	16:07:30
Kona Qualifier Average	1:17:59	7:16:58	3:39:52	13:22:33
Top 10 Age Grouper Average	1:22:39	7:35:25	3:44:33	14:10:09

## Lanzarote 2013

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:48	4:53:03	2:55:03	8:42:40
Female Winner	1:00:03	5:31:47	2:58:37	9:37:34
1st Age Grouper	1:19:33	6:57:07	4:24:06	12:56:22
2nd Age Grouper	1:16:30	7:30:39	4:16:41	13:21:28
3rd Age Grouper	1:23:42	7:27:07	4:29:12	13:39:47
4th Age Grouper	1:47:20	8:50:08	5:41:30	16:47:35
Kona Qualifier Average	1:19:33	6:57:07	4:24:06	12:56:22
Top 10 Age Grouper Average	1:26:46	7:41:15	4:42:52	14:11:18

## Lanzarote 2012

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:53:35	4:54:31	2:50:09	8:44:39
Female Winner	0:51:43	5:39:25	3:20:16	9:58:06
1st Age Grouper	1:10:36	6:52:14	3:27:36	11:41:01
2nd Age Grouper	1:20:23	6:39:48	4:10:39	12:26:46
3rd Age Grouper	1:20:02	6:46:46	4:24:27	12:42:28
4th Age Grouper	1:37:38	8:31:12	5:46:34	16:22:04
Kona Qualifier Average	1:10:36	6:52:14	3:27:36	11:41:01
Top 10 Age Grouper Average	1:22:09	7:12:30	4:27:19	13:18:04

## Lanzarote 2011

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:52	4:49:53	2:47:20	8:30:34
Female Winner	0:57:15	5:27:00	3:10:59	9:43:39
1st Age Grouper	1:09:33	7:18:50	4:20:20	13:05:56
2nd Age Grouper	1:06:50	7:19:26	4:57:27	13:42:27
Kona Qualifier Average	1:09:33	7:18:50	4:20:20	13:05:56
Top 10 Age Grouper Average	1:08:11	7:19:08	4:38:53	13:24:11

## Lanzarote 2010

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:47:48	4:53:25	2:50:20	8:37:42
Female Winner	0:52:38	5:58:02	3:04:36	10:03:52
1st Age Grouper	1:25:04	7:51:20	5:09:07	14:46:12
2nd Age Grouper	1:23:26	7:48:39	5:45:09	15:22:14
Kona Qualifier Average	1:25:04	7:51:20	5:09:07	14:46:12
Top 10 Age Grouper Average	1:24:15	7:49:59	5:27:08	15:04:13

### Lanzarote 2009

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:50:29	5:00:17	2:56:51	8:54:03
Female Winner	0:55:59	5:46:36	3:04:05	9:54:57
1st Age Grouper	1:20:48	7:08:53	4:38:04	13:27:12
2nd Age Grouper	1:23:28	8:04:21	5:51:16	15:42:57
Kona Qualifier Average	1:20:48	7:08:53	4:38:04	13:27:12
Top 10 Age Grouper Average	1:22:08	7:36:37	5:14:40	14:35:04

### Lanzarote 2008

Position	Swim Time	Bike Time	Run Time	Overall Time
Male Winner	0:49:38	5:03:28	8:59:37	8:59:37
Female Winner	0:56:16	5:48:14	10:02:27	10:02:27
1st Age Grouper	1:22:20	7:33:28		14:18:39
2nd Age Grouper	1:34:19	7:45:59		14:33:34
3rd Age Grouper	1:17:15	7:59:17		14:53:17
4th Age Grouper	1:28:56	8:12:33		15:12:53
Kona Qualifier Average	1:22:20	7:33:28		14:18:39
Top 10 Age Grouper Average	1:25:42	7:52:49		14:44:35